

Sesame-Crumbed John Dory & Katsu Curry

with Asian Greens & Garlic Rice

TAKEAWAY FAVES

Grab your meal kit with this number

17



Garlic



Jasmine Rice



Asian Greens



Carrot



John Dory Fillets



Asian BBQ Seasoning



Panko Breadcrumbs



Sesame Seeds



Curry Powder



Katsu Paste



Coconut Milk




John Dory Fillets



Peeled Prawns

Prep in: 20-30 mins
Ready in: 35-45 mins

 Eat Me First

Dive into this flavour-packed fusion feast! Tender, sesame-crumbed John Dory delivers a golden crunch, perfectly paired with a rich and velvety katsu curry sauce. It's a crispy, saucy adventure that'll transport your taste buds straight to foodie paradise!

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
Asian greens	½ packet	1 packet
carrot	1	2
John dory fillets	300g	600g
plain flour*	2 tbsp	4 tbsp
Asian BBQ seasoning	1 sachet	2 sachets
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
sesame seeds	1 medium sachet	1 large sachet
curry powder	1 sachet	2 sachets
katsu paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
soy sauce*	1 tsp	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2960kJ (707Cal)	507kJ (121Cal)
Protein (g)	47.7g	8.2g
Fat, total (g)	36.8g	6.3g
- saturated (g)	21.5g	3.7g
Carbohydrate (g)	73.6g	12.6g
- sugars (g)	16g	2.7g
Sodium (mg)	1490mg	255mg
Dietary Fibre (g)	7g	1.2g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

- Finely chop **garlic**. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook half the **garlic** until fragrant, **1-2 minutes**. Add **jasmine rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Finish the curry

- Reduce heat to medium, stir in **curry powder**, **katsu paste**, **coconut milk**, the **brown sugar**, **soy sauce** and a splash of **water** and cook, until combined, **1-2 minutes**. Season to taste.



Get prepped

- Meanwhile, roughly chop **Asian greens** (see ingredients). Thinly slice **carrot** into half-moons.
- Discard any liquid from **John dory fillets** packaging. Slice **fish** in half crossways to get 1 piece per person.
- In a shallow bowl, combine the **plain flour** and **sweet soy seasoning**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs** and **sesame seeds**.
- Coat **fish** first in the **flour**, followed by the **egg** and finally the **breadcrumbs**. Set aside on a plate.



Cook the fish

- Meanwhile, heat a medium frying pan over medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, cook **crumbed fish** until golden and cooked through, **3-5 minutes** each side. Transfer to a paper towel-lined plate and season with **salt**.



Start the curry

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, until tender, **4-5 minutes**.
- Add remaining **garlic** and **Asian greens** and cook until fragrant, **1 minute**.



Finish & serve

- Slice fish in half.
- Divide garlic rice between bowls. Top with coconut katsu curry and sesame-crumbed John dory to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2026 | CW04



CUSTOM OPTIONS

+ JOHN DORY FILLETS

Follow method above, cooking in batches if necessary.

+ PEELED PRAWNS:

Bring curry to a simmer, add prawns and cook until pink and starting to curl up, 3-4 minutes. Add a splash of water if necessary!

SCAN CODE FOR FULL STEPS AND NUTRITION INFO

